

Ready for a bikini body?

Have you had your sunglasses out recently? Summer is on its way! It is now we start examining ourselves for the swimsuit season. Check out a few of my summer essentials, as well as recommendations to help achieve your desired look for the sunshine, says aesthetician **Naomi Diamond** of The Epsom Skin Clinic.

Let's start with some basic homecare to get us ready for the up and coming summer season. Skin is the largest organ of our bodies, so don't neglect it! Exfoliating and moisturising the body is necessary to improve skin texture and tone.

Removing dry and dead skin cells will achieve a gorgeous glow and leave skin looking more even. Moisturising on a daily basis using hydrating and firming body creams will maintain hydration and improve elasticity, keeping skin soft and supple. Also try body brushing with a short, firm bristled brush. The trick is to brush firmly and reasonably quickly, in one direction towards the lymph nodes. This can help with the smoothing of cellulite.

My summer favourite

Heliocare is a range of sun care products that provide a high level broad spectrum UVA and UVB protection whilst hydrating. Also with a patented anti-oxidant, the range protects skin against premature aging caused by daily sun exposure. With products specific to the face and body, in a variety of consistencies to suit individuals, there is something for everyone and it is safe to use on children. There are also oral capsules to provide anti-oxidant protection from the inside as well.

Hair reduction

Laser hair reduction is an effective way of permanently reducing hair growth and now is the time to start. Using heat, treatment

targets the blood supply of hair, reducing it significantly, but also making what remains a lot thinner, softer and weaker. Approximately six to eight treatments will be required for body areas and eight to twelve treatments for the face. The results will make remaining hair growth easier to manage and remove from home with little irritation or ingrowing hairs from approximately the third or fourth treatment.

Vein treatment

Veins on legs can prevent the wear of shorts or skirts. However, help is at hand! There are multiple ways of treating different veins that can appear on legs. Laser targets the inactive vessel and causes it to collapse on itself; it is then removed from the body naturally leaving skin looking clear. Larger and slightly raised vessels can be treated with sclerotherapy where a solution is injected into the vessel causing it to shrink. This is a specialised treatment carried out by a skilled nurse with years of experience.

Epsom Skin Clinics are now offering an innovative new treatment to effectively treat varicose veins with a vascular consultant. This minimally invasive procedure uses laser to close larger vessels – it has very little downtime and is very successful. We are holding a consultation day in Epsom on Tuesday 28 April and in Surbiton on Tuesday 12 May from 5–8pm. All these procedures will reboost confidence with smooth flawless skin.

Body sculpting

Accent Radio frequency treatment can be used for both the body and face. It causes heat within the skin to create a tightening effect and to stimulate collagen. The treatment can also be used deeper as more of a body sculpting treatment and to smooth the appearance of cellulite. A treatment once every two weeks would be needed, on average requiring eight to ten in total. Results are fantastic and offer the body a boost to complement diet and fitness regimes.

DermaRoller is a skin rejuvenating treatment that uses needles to stimulate collagen and remodel skin. When used in a combination package with laser skin rejuvenation, these two treatments can effectively improve the appearance of scars and shrink stretch marks.

Booking a complimentary consultation with one of our therapists could start you on a treatment plan to inspire confidence and ensure you're feeling fabulous for summer. See our contact details below. ●

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essence info

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